

Groveton Senior Center



September 2006

**South County Center
8350 Richmond Highway
Suite 325**

Alexandria, Virginia 22309

703-704-6216, TTY 711

Fax 703-704-6699

Operating Hours

Monday – Friday

9 a.m. to 4 p.m.

E-mail: paula.giammarco@fairfaxcounty.gov

Website: www.fairfaxcounty.gov/rec

Paula Giammarco, *Director*

Dan Moon, *Assistant Director*

Margaret Plenty, *Assistant*



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 703-222-9693. Please allow ten working days in advance of the event in order to make the necessary arrangements.

September Highlights

Monday, September 4, 2006 – Groveton Senior Center will be closed in observation of Labor Day.

Thursday, September 7, 2006 – Charter Trip: Senior Trade Show at the Springfield Mall.

Friday, September 15, 2006 – Entertainment by the Groveton Groovers! 11 a.m.

September 2006 Shopping Trips

Tuesday, September 5, 2006 – Landmark Mall

Tuesday, September 12, 2006 – Old Country Buffet

Tuesday, September 19, 2006 – Bailey's Crossroads

Tuesday, September 26, 2006 – Wal-Mart (Kingstowne)

Inclement Weather or Snow Policy – Fastran follows the Schools' schedule during bad weather. If there is a one or two hour delayed school opening, there is NO Fastran service and we delay opening the center by one hour. The Center will be closed if the County is closed. Check your local television station, listen to the radio, call 703-246-7669(SNOW) or just call us.



Donation Schedule and Charges for Meals at Senior Centers

Donation Schedule

(for individuals 60 years of age & over)

Monthly income: Donation:

\$0	-	\$ 883	\$1
\$884	-	\$1,324	\$2
\$1,325	-	\$1,764	\$3
\$1,765	-	\$2,645	\$4
\$2,646	+	above	\$5

Meal Charges

Guests under age 60, the charge is \$5 per meal.

The actual average cost of the lunch is \$7.32 per meal.

Also available daily:

Chef salad

Fruit salad

Veggie

Box lunch (sandwich)

Lunch is served daily at noon.

Reservations must be made at least one day in advance.

*****A Quick Reminder About Fastran*****

For those of you who use Fastran please remember to call Groveton Senior Center if you are cancelling morning transportation before 8 a.m. at 703-704-6216, TTY 711. Please let us know if you are cancelling afternoon transportation no later than 11 a.m. that day.

Groveton Senior Center

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8350 Richmond Highway
Suite 325
Alexandria, VA 22309



Tell a friend. Bring a friend. Make a friend!

Thank you for your interest in our program!
Look inside to see our calendar of events and our menu.
Bus service may be available. Call the center for details!


703-704-6216

TTY 711



September 2006

Groveton Senior Center 703-704-6216, TTY 711

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Friday Morning Movie 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:30 Body in Motion 12:00 Lunch 1:00 MADD Ribbons
<div>4</div> Labor Day Holiday Center is Closed 	<div>5</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Shopping Trip: Landmark Mall (RR,\$) 11:00 Wellness Group 11:30 Walking Group 12:00 Lunch	<div>6</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:30 Bridge 10:30 Bingo 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Computer Lab 12:00 Lunch 1:00 Dance Club 2:30 Ballet & Stretch	<div>7</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 11:00 Conversational Spanish with Julia 11:30 Wellness Group 12:00 Lunch 12:30 Sewing Club	<div>8</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Friday Morning Movie 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:30 Body in Motion 12:00 Lunch 1:00 MADD Ribbons
<div>11</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:00 Ballet & Stretch 10:15 Living History 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Body in Motion 12:00 Lunch 1:00 Wheel of Fortune	<div>12</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Shopping Trip: Old Country Buffet (RR,\$) 11:00 Wellness Group 11:30 Walking Group 12:00 Lunch	<div>13</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:30 Bridge 10:30 Bingo 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Computer Lab 12:00 Lunch 1:00 Dance Club 2:30 Ballet & Stretch	<div>14</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 11:00 Conversational Spanish with Julia 11:30 Wellness Group 12:00 Lunch 12:30 Sewing Club	<div>15</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Friday Morning Movie 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:30 Body in Motion 12:00 Lunch 1:00 MADD Ribbons
<div>18</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:00 Ballet & Stretch 10:15 Living History 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Body in Motion 12:00 Lunch 1:00 Wheel of Fortune	<div>19</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Shopping Trip: Bailey’s Crossroads (RR,\$) 11:00 Wellness Group 11:30 Walking Group 12:00 Lunch	<div>20</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:30 Bridge 10:30 Bingo 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Computer Lab 12:00 Lunch 1:00 Dance Club 2:30 Ballet & Stretch!	<div>21</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 11:00 Conversational Spanish with Julia 11:30 Wellness Group 12:00 Lunch 12:30 Sewing Club	<div>22</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Friday Morning Movie 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:30 Body in Motion 12:00 Lunch 1:00 MADD Ribbons
<div>25</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:00 Ballet & Stretch 10:15 Living History 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Body in Motion 12:00 Lunch 1:00 Wheel of Fortune	<div>26</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Shopping Trip: Wal-Mart Kingstowne (RR,\$) 11:00 Wellness Group 11:30 Walking Group 12:00 Lunch	<div>27</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:30 Bridge 10:30 Bingo 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Computer Lab 12:00 Lunch 1:00 Dance Club 2:30 Ballet & Stretch	<div>28</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 11:00 Conversational Spanish with Julia 11:30 Wellness Group 12:00 Lunch 12:30 Sewing Club	<div>29</div> 9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Friday Morning Movie 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:30 Body in Motion 12:00 Lunch 1:00 MADD Ribbons


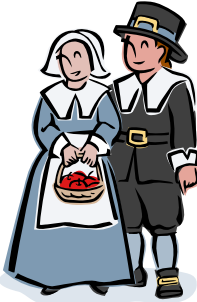

October 2006

Groveton Senior Center 703-704-6216, TTY 711

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:00 Ballet & Stretch 10:15 Living History 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Body in Motion 12:00 Lunch 1:00 Wheel of Fortune</div>	<div>3</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Shopping Trip: Wal-Mart Kingstowne (RR,\$) 11:00 Wellness Group 11:30 Walking Group 12:00 Lunch</div>	<div>4</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:30 Bridge 10:30 Bingo 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Computer Lab 12:00 Lunch 1:00 Dance Club 2:30 Ballet & Stretch</div>	<div>5</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 11:00 Conversational Spanish with Julia 11:30 Wellness Group 12:00 Lunch 12:30 Sewing Club</div>	<div>6</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Friday Morning Movie 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:30 Body in Motion 12:00 Lunch 1:00 MADD Ribbons</div>
<div>9</div> <div>Columbus Day Holiday </div>	<div>10</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Shopping Trip: Wal-Mart Kingstowne (RR,\$) 11:00 Wellness Group 11:30 Walking Group 12:00 Lunch</div>	<div>11</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:30 Bridge 10:30 Bingo 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Computer Lab 12:00 Lunch 1:00 Dance Club 2:30 Ballet & Stretch</div>	<div>12</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 11:00 Conversational Spanish with Julia 11:30 Wellness Group 12:00 Lunch 12:30 Sewing Club</div>	<div>13</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Friday Morning Movie 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:30 Body in Motion 12:00 Lunch 1:00 MADD Ribbons</div>
<div>16</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:00 Ballet & Stretch 10:15 Living History 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Body in Motion 12:00 Lunch 1:00 Wheel of Fortune</div>	<div>17</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Shopping Trip: Wal-Mart Kingstowne (RR,\$) 11:00 Wellness Group 11:30 Walking Group 12:00 Lunch</div>	<div>18</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:30 Bridge 10:30 Bingo 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Computer Lab 12:00 Lunch 1:00 Dance Club 2:30 Ballet & Stretch</div>	<div>19</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 11:00 Conversational Spanish with Julia 11:30 Wellness Group 12:00 Lunch 12:30 Sewing Club</div>	<div>20</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Friday Morning Movie 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:30 Body in Motion 12:00 Lunch 1:00 MADD Ribbons</div>
<div>23</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:00 Ballet & Stretch 10:15 Living History 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Body in Motion 12:00 Lunch 1:00 Wheel of Fortune</div>	<div>24</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Shopping Trip: Wal-Mart Kingstowne (RR,\$) 11:00 Wellness Group 11:30 Walking Group 12:00 Lunch</div>	<div>25</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:30 Bridge 10:30 Bingo 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Computer Lab 12:00 Lunch 1:00 Dance Club 2:30 Ballet & Stretch</div>	<div>26</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 11:00 Conversational Spanish with Julia 11:30 Wellness Group 12:00 Lunch 12:30 Sewing Club</div>	<div>27</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Friday Morning Movie 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:30 Body in Motion 12:00 Lunch 1:00 MADD Ribbons</div>
<div>30</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:00 Ballet & Stretch 10:15 Living History 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Body in Motion 12:00 Lunch 1:00 Wheel of Fortune</div>	<div>31</div> <div>9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Shopping Trip: Wal-Mart Kingstowne (RR,\$) 11:00 Wellness Group 11:30 Walking Group 12:00 Lunch</div>			

November 2006

Groveton Senior Center 703-704-6216, TTY 711

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9-4 Walking Club/Billiards 10:00 Cards & Games 10:30 Bridge 10:30 Bingo 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Computer Lab 12:00 Lunch 1:00 Dance Club 2:30 Ballet & Stretch	9-4 Walking Club/Billiards 10:00 Cards & Games 11:00 Conversational Spanish with Julia 11:30 Wellness Group 12:00 Lunch 12:30 Sewing Club	9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Friday Morning Movie 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:30 Body in Motion 12:00 Lunch 1:00 MADD Ribbons
6	7	8	9	10
9-4 Walking Club/Billiards 10:00 Cards & Games 10:00 Ballet & Stretch 10:15 Living History 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Body in Motion 12:00 Lunch 1:00 Wheel of Fortune	9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Shopping Trip: Wal-Mart Kingstowne (RR,\$) 11:00 Wellness Group 11:30 Walking Group 12:00 Lunch	9-4 Walking Club/Billiards 10:00 Cards & Games 10:30 Bridge 10:30 Bingo 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Computer Lab 12:00 Lunch 1:00 Dance Club 2:30 Ballet & Stretch	9-4 Walking Club/Billiards 10:00 Cards & Games 11:00 Conversational Spanish with Julia 11:30 Wellness Group 12:00 Lunch 12:30 Sewing Club	Veterans Day Holiday 
13	14	15	16	17
9-4 Walking Club/Billiards 10:00 Cards & Games 10:00 Ballet & Stretch 10:15 Living History 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Body in Motion 12:00 Lunch 1:00 Wheel of Fortune	9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Shopping Trip: Wal-Mart Kingstowne (RR,\$) 11:00 Wellness Group 11:30 Walking Group 12:00 Lunch	9-4 Walking Club/Billiards 10:00 Cards & Games 10:30 Bridge 10:30 Bingo 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:00 Computer Lab 12:00 Lunch 1:00 Dance Club 2:30 Ballet & Stretch	9-4 Walking Club/Billiards 10:00 Cards & Games 11:00 Conversational Spanish with Julia 11:30 Wellness Group 12:00 Lunch 12:30 Sewing Club	9-4 Walking Club/Billiards 10:00 Cards & Games 10:15 Friday Morning Movie 10:30 Mat Exercise 11:00 Medium Impact Exercise 11:30 Body in Motion 12:00 Lunch 1:00 MADD Ribbons
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27	28	29	30	
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Program dates & times are subject to change; call the center for daily changes.